



# City of Newton, MA



## Wellness Working For You!

Welcome to the August 2015 edition of the City of Newton Employee Health & Wellness Newsletter!  
Continue to email a general health question to **wellness@newtonma.gov** and we will choose questions each month to answer.



Volume 1, Issue 2

August 2015

## HR Information

### EAP

The City of Newton is providing staff with Employee Assistance Program (EAP) services through CMG Associates.

CMG Associates offers a full range of services including:

- Assessment & Referral
- Work/Life Wellness Web-Based Services
- Crisis Intervention
- Domestic Abuse
- Violence Prevention
- Financial & Legal Consultation Services
- Substance Abuse Professional Services (DOT)

City of Newton employees may reach CMG Associates directly by contacting the City's Account Manager Nonnie Hamovitch M.Ed., at 617/969-7600 or 800/444-7262. Her email address is; [nhamovitch@cmgassociates.com](mailto:nhamovitch@cmgassociates.com).

CMG Associates website may also be visited at; <http://cmgassociates.com/>. Log In: Newton, Click on or Enter "Work Life Resources"

Should you have any further questions please contact Human Resources at 617-796-1260

### Medical Deductibles

Your medical deductible was reset on July 1, 2015. This could be the cause for more bills from medical providers than you are used to receiving. The deductible for individual plans is \$250 and for family plans is \$500 per family. For additional information please contact the Human Resources Department at 617-796-1260.

### Upcoming Health Programming

#### Blood Pressure Clinics

- Library

August 10th 9am-11am

- Senior Center

August 7th & 14th 10:30am-11:30am

#### QPR Training

- City Hall

August 18th 10am-12pm

#### CPR Training

- City Hall Room 211

August 11th 1pm-3pm

- Druker Auditorium-Library

September 24th 2pm-4pm

### Inside this issue:

Welcome Page	1
HR Information	1
Topic of the Month	2
Recipe of the Month	2
Local City Events	3
Q&A Section	3
Monthly Awareness	4

## Summer Heat Safety Tips

Everyone should follow these basic heat safety tips in order to avoid the dangers of heat exposure. Keep these suggestions in mind:

- During the hottest hours of the day, stay inside. If possible stay inside an air-conditioned building. The hottest hours of the day are typically from mid-morning to mid-afternoon.
- Dress lightly, and when sleeping, use lightweight, breathable covers.
- Drink plenty of water and other fluids. When temperatures climb above 90 degrees, it's important to drink at least a gallon of liquid per day, preferably water. Those who are in humid conditions needing even more.
- Avoid drinking alcohol and beverages that are carbonated or contain caffeine when temperatures are high, as they can lead to dehydration.
- Keep blinds and curtains closed from morning until the late afternoon to block extra direct heat from sunlight.
- Move your exercise routine to early morning or later in the evening.
- Never ever leave a person or a pet in the car in hot conditions while you run to do a quick errand. People and animals can succumb to heat exposure and death very quickly in a hot car. Cars can become overheated quickly and when overheated become like ovens. It's never safe.
- Properly supervise children during outdoor play, being sure to monitor them closely and frequently.
- Seek medical care right away if you become nauseous, start vomiting or experience cramps.
- Stay on the lowest level of your home.
- Use a fan. Don't place the fan directly in front of a window because it may push hot air in. Try placing the fan so that it blows in the room and out the window instead.
- Use small appliances like slow cookers and tabletop grills rather than your traditional oven or stove to keep kitchen heat to a minimum.
- Verify that seat belts and car seat restraints are not too hot before buckling yourself or anyone else into a car.



Be sure to keep cool this summer!

## Recipes

### Chicken Cutlets with Strawberry-Avocado Salsa

#### Ingredients

- |   |  |
|---|--|
| 1 1/2 cups chopped strawberries             | 3/4 teaspoon kosher salt, divided        |
| 1/2 cup diced peeled ripe avocado           | 1 tablespoon olive oil                   |
| 2 tablespoons minced seeded jalapeño pepper | 4 (4-ounce) chicken breast cutlets       |
| 2 tablespoons chopped fresh cilantro        | 1/4 teaspoon freshly ground black pepper |
| 2 teaspoons fresh lime juice                | 4 lime wedges                            |

#### Preparation

1. Combine strawberries, avocado, jalapeño, cilantro, lime juice, and 1/4 teaspoon salt in a small bowl; toss to combine.
2. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Sprinkle chicken with remaining 1/2 teaspoon salt and pepper. Add chicken to pan; cook 3 minutes on each side or until done.
3. Divide chicken among 4 serving plates, and spoon salsa evenly over each serving. Garnish each serving with a lime wedge.



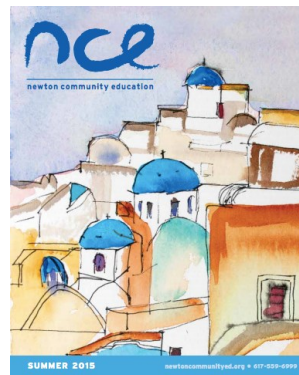
### Help us create an employee cookbook!

Send your favorite healthy recipes to [wellness@newtonma.gov](mailto:wellness@newtonma.gov) and include which department you are from. We will put together a healthy City of Newton cookbook for City employees to enjoy!



## Newton Community Education

City of Newton employees receive a 15% discount on programs and classes of 2 or more nights through the Newton Community Education Center. You must register by phone or in person for the program or class to receive the discount. Their office is located at Newton North High School, 457 Walnut Street, Room 101, Newton, MA 02460. Phone-617-559-6999.



Please visit <http://www2.newtoncommunityed.org/> to see what programs they offer!

## Community Events

- Pickleball– Wednesday Evenings from 6pm-8pm at Pellegrini Park
- Walking Club– Meets Tuesday-Friday at 7am at Albemarle Field House.  
Please contact Nancy Scammon at x1506 if you wish to attend.

### Farmers Market

There will be Farm Fresh Fruits and Vegetables, Turkey, Beef, Fresh Fish, Goat Cheese, Gouda, Eggs, Olive Oil, Baked Goods, PopOvers, Jams, Jellies, Plants, and Flowers.

#### Summer Markets - 2 Locations **2015 Schedule**

**Tuesday:**  
**Open June 30- Oct 27**

New Cold Spring Park  
1200 Beacon Street  
1:30pm– 6:00pm

**Saturday:**  
**Open June 20-Oct 10**  
**(Market closed on July 4th)**

Elm St.  
West Newton  
10:00am-2:00pm

## Q&A

Is sunscreen from last year still good? When does sunscreen expire?

Sunscreens are designed to remain at original strength for up to 3 years. This means that you can use leftover sunscreen from one year to the next. Some sunscreens include an expiration date—a date indicating they are no longer effective. Discard that sunscreen that is past its expiration date.

How often should I get up from my desk to move around during the work day?

Interspersing short movements and exercises throughout the workday can boost employee energy, engagement and efficiency. Whether it's stretching periodically in your cubicle or walking to a coworker's desk rather than sending that intra-office email, small actions can go a long way toward improving both individual and company performance.

Here are some tips on how to incorporate movement into your workday:

- Take the stairs
- Sit on an exercise ball at your desk
- Talk to colleagues in person rather than sending intra-office emails
- Walk to a farther bathroom
- Stand up periodically
- Try small stretches or exercises like knee extensions



## National Immunization Awareness Month (August)

Each year in August, National Immunization Awareness Month (NIAM) provides an opportunity to highlight the value of immunization across the lifespan. Activities focus on encouraging all people to protect their health by being vaccinated against infectious diseases. In 2015, the National Public Health Information Coalition (NPHIC) is coordinating NIAM activities.

The National Immunization Awareness Month Communication Toolkit was developed by NPHIC, in collaboration with CDC, to help you communicate the importance of vaccination throughout the lifespan. Each week of NIAM will focus on a different stage of the lifespan:

Preteens and Teens (Aug. 2-8)

Pregnant Women (Aug. 9-15)

Adults (Aug. 16-22)

Infants and Children (Aug. 23-29)

For more information and links to the toolkits, please visit:

[www.cdc.gov/vaccines/events/niam.html](http://www.cdc.gov/vaccines/events/niam.html)

